

A collection of tips and resources
for Single Parents during COVID-19



SINGLE
MOM
NETWORK

COVID-19 Survival Kit

TIPS & RESOURCES

Our goal is to provide you with a central place to reference helpful information to survive COVID-19 physically, mentally, & financially.

**COMPILED BY
SMN TEAM**

"During times like these we are defined by the actions we take to build back stronger!" -
Founder SMN

Introduction

Founder of SMN

Taujuanna Ware

Out of nowhere I felt thrown into a reality of chaos and fear. I remembered my very words before everything started to unfold, "I don't understand what the big deal is and I'm sure this will blow over soon." Clearly, I and millions of others with this mindset was in for a rude awakening and had not a clue of what was to come in the next weeks.

Schools closing, business and revenue declining, and state-wide shelter in place rules have been issued. Like many others, we had no contingency plan for what do do in a crisis like this. For the last few weeks, I have stayed home and left the house for nothing more than essentials. If I'm being completely honest; I have cried, screamed, and been super frustrated, not really understanding what to do with either of my businesses or even how to maneuver on a personal level with this new, odd way of life.

Then it dawned on me. If I do absolutely nothing to add value to the lives of others during this time, what kind of leader would I be? This should be when the fighters fight and the leaders lead. It took me a lot longer than I ever would have expected to come to this conclusion. While I'm not happy about the way I procrastinated to get to this point, I am committed to providing you and your family with as many tips and resources as we possibly can to help you survive this pandemic. Please share this with your friends and family. We are praying for all of you and hope to see you thriving on the other side once is all over.

General Points of Reference

On this page you will find links to some of the most vital information that you need.

World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Center For Disease Control

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

U.S. Department of Human & Health Services

<https://www.hhs.gov/>

<https://www.coronavirus.gov/>

National Science Foundation

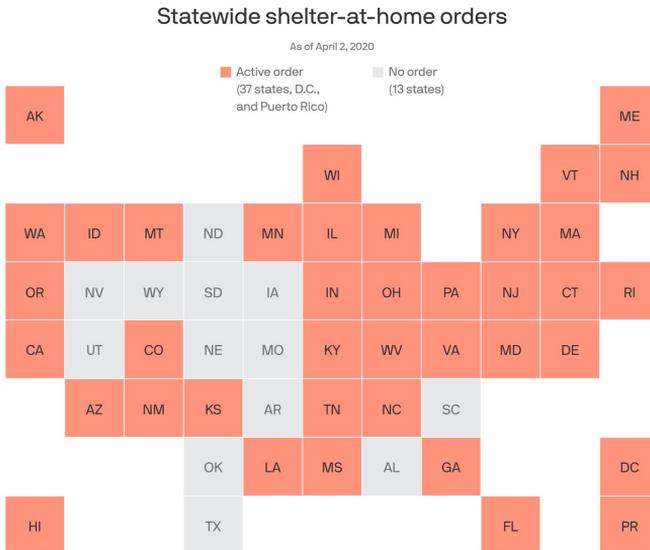
https://www.nsf.gov/news/special_reports/coronavirus/

STAY HOME

Decrease the spread of COVID-19

Many states have implemented a "Stay at Home" or "Shelter-in-Place" order for up to two weeks to keep their citizens safe. It is important to follow the order so you and your children do not catch or unknowingly spread the virus. The "Stay at Home" order means you should not leave your home for anything other than buying food or seeking medical treatment. If you are not an essential worker you are required to stay at home for the length of time mandated by your state.

States that are currently under stay at home orders



Data: Axios reporting; Map: Danielle Alberti/Axios

This could change at any given time and is important that you check www.cdc.gov for more recent updates.

Exercise & Diet

Ways to boost your immune system!

Getting the proper amount of exercise and improving your diet will help boost your immune system to fight a virus. Now is a vital time to boost your immune system since the entire world is faced with Covid-19.

The gyms may be closed, but you can still exercise at home. You have a choice of creating your own routine or taking advantage of the many apps and [YouTube videos](#) available. If you simply walk around the house or around the block (keeping a proper 6ft distance) you will get the exercise you need.

DIET

A healthy diet is important, but it is especially important right now. Your immune system has to be strong to fight off a virus attack. A diet of junk food, even though it is yummy, is not the best option when your life is on the line.

Adding more fruit and vegetables is the first step in [building up your immune system](#). Taking vitamin C, multivitamins, and essential minerals will also build up your immunity. Airborne and other immune boosting supplements is also worth taking.

SLEEP

Getting your sleep is another immune building activity, YAY!!! Getting at least 6 hours of sleep each night along with moderate exercise and a healthy diet will help you fight viruses. If you didn't sleep well during the night try to take a nap during the day. Also for those of you who have problems sleeping during the night, melatonin is a great natural option to take that can help you fall asleep easily.

Mental Health

How to maintain your sanity during this time.

Being at the house with little physical contact with family and friends can wear on your nerves. For some people, it feels like you might go insane if you don't get out of the house. If you are watching the news 24/7 you may be feeling anxious, depressed, and irritable. It's normal to feel this way when faced with a crisis you have little control over. Fortunately, you can reduce your stress and anxiety levels with a little mental self-care.

Boundaries

Set boundaries around the number of hours you watch the news. Also, reduce the number of negative Nancy's and Ned's in your life that bring only doom and gloom. You don't need that in your life.

Meditation/Quiet Time

During this time of constant mental stimulation, you need a break to calm your mind. Set aside at least 10 minutes at the beginning of your day to set your intention to have a good day. If you feel yourself getting overwhelmed, take 10 minutes of quiet time to hit the reset button.

Music

Music is a soul soother when life feels like it's too much. Put on a good playlist filled with relaxing music or pump up the jam with the hottest tracks and dance like nobody's watching!

Parenting & Homeschooling

Links to resources to guide you on homeschooling and helpful parenting tips!

Now that most parents have been thrown into a homeschooling situation, they are feeling indebted to the hardworking teachers that educate their children every day. Teaching your kids is not a walk in the park, but fortunately there are resources for you to tap into.

The list is too long to add here, but you can access a [Home School Resources Google Doc](#) that contains over 50 links to free tools you can use in your home school.

You can also check out this list of [Educational Companies](#) offering free resources to parents and students.

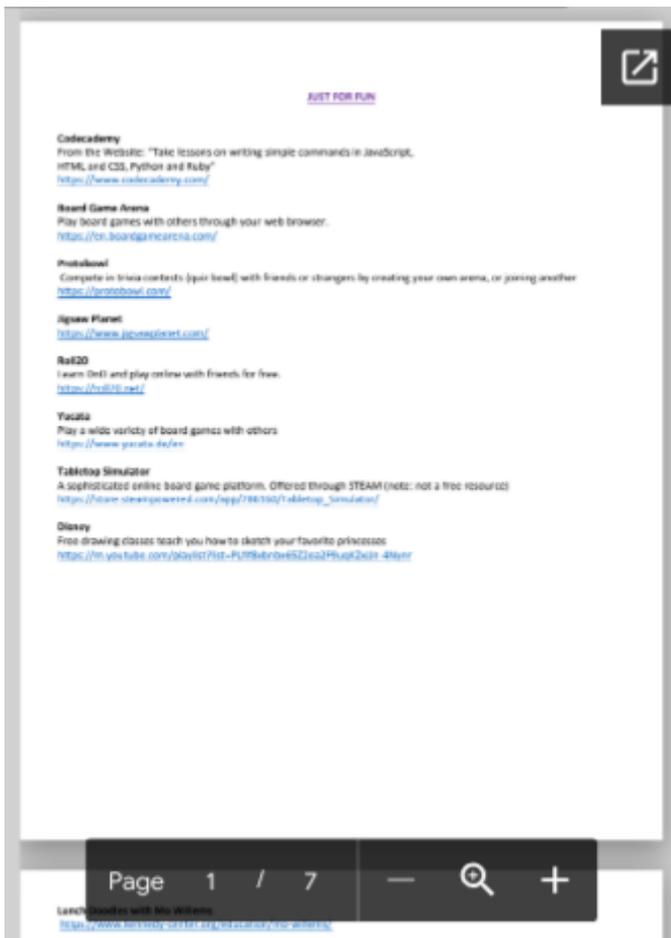
Education Companies Offering Free Subscriptions due to School Closings (Updated) : Amazing Educational Resources						
***Make sure to favorite this website. I update the website with new resources every few hours**						
Join the "Amazing Educational Resources" Facebook group for more Resources:				https://www.facebook.com/groups/445786889466638/?ref=bookmarks		
Do you have a resource that needs to be added? Fill out this form.				https://forms.gle/hc2QC0UZlPdJzX7L6		
Are you a company that is already added , but needs to add the category/subject and/or grade/age group? Please complete this form.						
Education Companies Offering Free Subscriptions due to School Closings (Updated) : Amazing Educational Resources						
I am						
***Make sure to favorite this website. I update the website with new resources every few hours**						
Join the "Amazing Educational Resources" Facebook group for more Resources:				https://www.facebook.com/groups/445786889466638/?ref=bookmarks		
Do you have a resource that needs to be added? Fill out this form.				https://forms.gle/hc2QC0UZlPdJzX7L6		
Are you a company that is already added , but needs to add the category/subject and/or grade/age group? Please complete this form.						
Company				https://forms.gle/3i9nfhvTtDZna1sf6		
12 Mus I am in the process of creating a non-profit to keep this website open and free for everyone. Please email me if you might be able to advise me on the process.						
Email amazingeducationalresources@gmail.com						
Have a question, suggestion, or comment about the website?						
Email amazingeducationalresources@gmail.com						
UPDATED SEARCHABLE WEBSITE COMING SOON!						
Company	Category/Subject	Grade/Age Group	Link	Description	Free Service Offered	
12-Story12 Museum Virtual Imprint Tours			https://www.msn.com/en-us/travel/travel-trivia/stuck-at-home-these-12-famous-museums-offer-virtual-tours-you-can-take-on-your-own-tv-device/B119rmpz?li=BBnbc1&biid=IAARO_OB-JH7SY7N3uq_MScQeFhngB1orTaf8C0gqIKJ7dhnwVwH&uiid=K1ic	Google Arts & Culture teamed up with over 500 museums/galleries around the world to bring everyone virtual tours and online exhibits of some of the most famous museums around the world.	Free virtual tours of 12 famous museums	
123 Ho ME	12-Story Library, an Imprint of Bookstaves	Reading, Writing, Science, Social Studies, STEM	3rd - 5th, 6th - 8th	www.123storylibrary.com	12-Story Library has opened up access to our full library of ebooks, each of which are paired with a unique resource web page with content updates, live news feeds, videos, image galleries, and lesson plans.	Free ebooks and digital resources
123 Homeschool for ME				https://www.123homeschool4me.com/home-school-free-printsables	Free printable worksheets and educational activities to help making learning fun. Resources arranged by grade or subject.	Free worksheets and activities
2Simple	Math, Reading, Writing, Science, Early Childhood, Special Education, STEM, Coding, Animation, Design;	Ages 4-12	https://2simple.com/blog/using-purple-mash-when-school-closed/	Purple Mash is a website designed for children aged 3-11. It contains many creative tools ie: coding, animation, publishing, art and also applications for maths, spelling and grammar. Teachers can 'set work' for children easily then view / comment on completed files. It also contains thousands of topic based activities. Serial Mash gives you a whole library of e-books and corresponding activities. Both can be used on any tablet or computer with a web browser.		

Creative Things To Do With Kids While At Home

Running out of ideas to entertain your kids during play time? Here are a few suggestions.

There are tons of things you can do with your children during this time that are both online and virtual. Take a look at the link below and enjoy making memories with your adorable little ones.

<https://drive.google.com/open?id=1qwVlFCEyUGE5Z7pb04CHejwnlNrkNz2F>



Financial Assistance

Resources available for you to receive assistance.

\$1200 stimulus checks - As part of the CARES Act, eligible individuals will receive a \$1200 check if your income is under the \$99k for singles, \$158k for married couples, or **\$112k for head of household (most single mothers)**. This income amount is based on the reported AGI (adjusted gross income) on your tax return for 2018 or 2019. The [IRS](#) has more info.

Expanded unemployment benefits - If you're now unemployed, you may be eligible for unemployment benefits. The Federal government will give you \$600 weekly for up to 39 weeks in addition to your state's unemployment benefit amount. For example, if you live in Georgia where the weekly benefit amount is \$330 weekly you will get the \$330 plus \$600 per week for a total of \$930 per week.

[Here is a link to the maximum unemployment benefit for each state.](#) Contact your state's Department of Labor to verify.

Paid sick and family leave

Employers are required to offer paid sick and family leave to employees affected by Covid-19. Contact your employer to find out the details of this benefit.

Financial Assistance

Continued

Eviction and foreclosure protection

Some states and city governments are requiring landlords and banks to stop evictions and foreclosure during Covid-19.

Continued internet service

Several internet service providers are continuing services for individuals who are unemployed or unable to make payments. They are also providing internet services for those in rural areas so students and workers can continue distance education and work from home. Check with your provider.

Continued gas & electric service

Your gas and electric service may offer continued service if you are unable to pay your bill due to unemployment or reduced hours. Check with your provider.

Deferred credit card payments

Many credit card companies are offering deferred payments. Here is a [list of companies](#) to refer to.

Suspended Student Loans Payments - The Federal Financial Aid department announced [Loan Forbearance](#) through September 30, 2020. Contact your loan servicer for details.

Federal Tax Extension - The date to file taxes has been extended to July 31, 2020.

NOW HIRING

Industries that are hiring during this pandemic and what you can do to land a better paying job working remote.

There are thousands of opportunities available IMMEDIATELY from businesses in your area, including:

ALDI

<https://careers.aldi.us>

AMAZON

<https://www.amazon.jobs/en/>

DOLLAR GENERAL

<https://careers.dollargeneral.com/>

DOMINO'S

<https://jobs.dominos.com/dominos-careers/>

PRICE CHOPPER

<https://pricechopper.com/careers>

STEWART'S SHOPS

<https://www.sewartshops.com/careers/>

TARGET

<https://corporate.target/careers>

Check <https://indeed.com/> to find temp agencies currently filling other essential business positions.

Work-at-home jobs for parents who are currently homeschooling or home with small children.

Here are a few great articles with resources for working from home:

Forbes, The 10 Best Jobs Working From Home.

<https://www.forbes.com/sites/jrose/2019/01/22/work-from-home-jobs-from-remote/#9c49c1928f4d>

Entrepreneur, **50 Work-From-Home Jobs Paying as Much or a Lot More Than the Average American Salary.** <https://www.entrepreneur.com/article/306578>

FlexJobs.com, **20 Companies with Legitimate Work-from-Home Jobs.**

<https://www.flexjobs.com/blog/post/companies-with-legitimate-work-from-home-jobs/>

Check out **www.indeed.com** and **monster.com** for these work at home positions that you might have not considered:

Customer Service Representative | Online English Teacher/Tutor | Data Entry Clerk | Health and Life Insurance Specialist | Virtual Assistant/Virtual Receptionist | Illustrator/Graphic Artist | Writer | Blogger | Communication Specialist | Business Consultant/Life Coach | Database Administrator | Recruiters | Coding/IT/Network Analyst | Medical Billing/Claims/Collections | Social Media Manager | Payroll and Benefit Advisor/Recruiter | Mortgage Loan Processor

Enhance Your Skills

Now is a great time to learn new skills that can make you more marketable in the job market. Check out the links below and feel free to take advantage of the free classes and certifications.

https://learn.digital.withgoogle.com/digitalgarage/course/digital-marketing?fbclid=IwAR3X8Mr4hwkyo44JfxRzDTd2rXCZ_vW8n8VLsx571TUBiYSzOxViPrxNd74

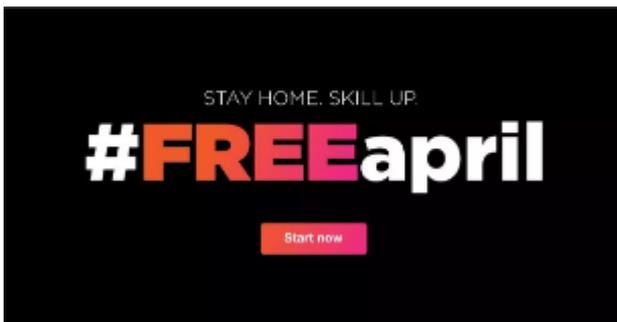


Fundamentals of digital marketing

Master the basics of digital marketing with our free course accredited by Interactive Advertising Bureau Europe and The Open University. There are 26 modul...

 withaoogle.com

https://www.pluralsight.com/?fbclid=IwAR3WdtkYxFUIdlrBhrOY4Z5FqITSMrjwVbnZj89kNuv6bDZ_ML8U517gNk



Unlimited Online Developer, IT, and Cyber Security Training

Stay Home! Skill Up! Get FREE access to 7,000+ Pluralsight courses during the month of April. THE technology skills platform with expert-led, online...



Virtual Resource Hub

We've compiled a variety of free resources, virtual events and even a sneak peek of new digital offerings to help you connect with the global community, build...

 [pminstitute](https://www.pmi.org)

A Lot of industries were hit very hard during COVID-19. We are encouraging everyone to start looking for jobs that are currently keeping their employees working. Learning skills in the tech and project management world would be a great way to start this process.

Most of these industries will allow you to work remote, which for a single mom or dad could mean more time at home with your kids and being able to increase your income tremendously.

Self-Employed

Resources available for you to receive assistance if you are self-employed and run a small business.

If you are a single parent and you are also self-employed, hats off to you! We know that these are tough times and we hope that we can come out on top after all of this is over. For majority of us, it has made us adjust the way we do business in order to survive. We hope that the resources below can assist you as we find ways to maneuver through this together.

Simon Small Business Resource

Center <https://smallbusinessresourcecenter.splashthat.com/>

Simon Coronavirus Info & Updates

<https://b2bcovid-19update.splashthat.com/>

Small Business Administration

<https://disasterloan.sba.gov/ela/>

Small Business Administration

<https://www.sba.gov/funding-programs/disaster-assistance>

SBA Local Assistance

<https://www.sba.gov/local-assistance>

SBA Lender Match Tools

<https://www.sba.gov/funding-programs/loans>

SBA Coronavirus Resource Page

<https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>

Facebook

<https://www.facebook.com/business/boost/grants>

Self-Employed

Continued

Florida Disaster Bridge Loan

<https://covid19.floridajobs.org/>

Red Backpack Fund

<https://www.globalgiving.org/redbackpackfund/>

Small Business Paycheck Protection Program

<https://home.treasury.gov/system/files/136/PPP%20--%20Overview.pdf>

Paycheck Protection Fact Sheet

<https://home.treasury.gov/system/files/136/PPP--Fact-Sheet.pdf>

Paycheck Protection Plan

Application <https://home.treasury.gov/system/files/136/PPP-Borrower-Application-Form-Fillable.pdf>

Verizon & LISC Small Business Assistance

<https://www.lisc.org/our-stories/story/verizon-and-lisc-fire-25-million-small-business-covid-19-recovery-fund>

Save Small Business Fund

<https://savesmallbusiness.com/?fbclid=IwAR3p2ggmAuwFP3ifs9v-EMIXjRI4loPsBL0mZ15KSyuv79uosX5XU7r16MY>

Georgia

<https://www.georgia.org/financial-assistance>

Small Business Administration

https://www.sba.gov/sites/default/files/files/resourceguide_3110.pdf

A Special Thanks To Our Contributors

We appreciate your continued support!

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